



309 – Psychoanalytic Research

Instructor: Paul M. Brinich, PhD

Meeting Dates: Tuesdays

January 13, 2026 – March 3, 2026

Time: 7:10 PM-8:40 PM Eastern

Dates and times are subject to change.

Location: Zoom/Virtual

of Credit hours: APA CE: 12 clock hours / NBCC: 12 clock hours / All others: Letter of Attendance

Target Audience: This class is for clinicians at the intermediate to advanced level.

Prerequisites: First priority will be given to matriculated students in the Adult or Adult/Child psychoanalytic program, as this is a required class. Psychoanalytic Psychotherapy students who have completed the Core Curriculum may request permission from the instructor to take this class.

Format: This class will combine lecture and seminar formats. Student participation is encouraged in small group discussion, requiring participants to read and synthesize the materials presented. Short writing assignments may be given.

Description: Psychoanalysis is often criticized because its concepts are difficult to operationalize in ways that are deemed reliable and valid. It cannot be subjected to the kind of double-blind, placebo-controlled studies that are in vogue in the pharmaceutical world. This course will present evidence regarding the efficacy of psychoanalysis. It will illustrate how concepts derived from psychoanalysis have fueled meaningful research in the social and biological sciences (including neuroscience). The course also will critique so-called empirically-supported treatments (ESTs) and will address the inability of the DSM-5 to meaningfully illuminate the problems experienced by the people who come to us for help.

Course Syllabus: [Psychoanalytic Research](#)

Training Program Credit: Students who successfully complete this course can earn credit in both the psychoanalysis and psychoanalytic psychotherapy training programs. Students must complete course assignments to receive training program credit.

Continuing Education Credit: At the end of the course, participants must complete the evaluation form to receive continuing education credit. The instructor(s) have no relevant financial relationships with ineligible companies to disclose. CME credits are not offered to physician learners for this course.

About the Instructor:

Paul M. Brinich, PhD, is a retired child, adolescent, and adult psychoanalyst and psychotherapist. A graduate of the University of Chicago, the Anna Freud Centre (London), and the UNC-Duke University Psychoanalytic Education Program, he has taught and/or supervised at the Middlesex Hospital Medical School (London), the University of California at San Francisco, Case Western Reserve University, Duke University, and the University of North Carolina at Chapel Hill. He is a Clinical Professor (Emeritus) in the Departments of Psychology and Psychiatry at UNC-CH. He served as President of the Association for Child Psychoanalysis (2002-2004) and as President of the North Carolina Psychoanalytic Society (2008-2010). He was a senior editor for the Psychoanalytic Study of the Child (2008-2017). In addition to being a faculty member at the PCC (1993–present), he holds a similar position at the San Francisco Center for Psychoanalysis (2022–present).

Email: brinich@gmail.com

Registration and Tuition Deadline is December 21, 2025.

Tuition

PCC Matriculated Students: **\$265**

Graduate Students and Residents: **\$335**

All others: **\$365**

Registration Fee: \$25 per term (Matriculated Students are exempt from registration fee).

Payment plans can be arranged with the Business Manager, [Lisa Long](#).

[Course Cancellation Policy](#)

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Discuss the merits of using statistical aggregation of clinicians' experiences as a basis for validating treatment.
2. Describe for what disorders randomly controlled trials seem to be the preferred method of validation.
3. Discuss the relative values of using qualitative and quantitative methods for validation of psychoanalytic treatment.
4. Discuss the paradox between the privileged status given to empirical validation placed on psychoanalysis with the opposing view of the importance of exploration of individuality that does not lend itself to empirical exploration.
5. Describe how the use of case studies might enhance the validation of psychoanalytic treatment.
6. Describe some of the studies which support the efficacy of psychodynamic/psychoanalytic treatment.

7. Describe advances in neuroscience which have enabled exploration of the efficacy of treatment.
8. Discuss the impact of the lack of consensus concerning what constitutes analytic process has on the validation of psychoanalytic treatment.
9. Discuss what research has demonstrated about the nature of psychoanalytic education.
10. Discuss whether research has been able to discern the impact of differing intensities or lengths of treatment.

Confidentiality Statement: All case material will be carefully disguised. We ask that participants agree to hold all material presented with the utmost care, following ethical and professional guidelines.

Course Participants agree to review and abide to the following:

[Professional and Ethical Guidelines for the Classroom](#)

Accommodation Statement: To request an accommodation for this program, please contact the Administrator at Kayla@CarolinaPsychoanalytic.org by two weeks before the start date.

Continuing Education Disclosures:

The Psychoanalytic Center of the Carolinas has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6518. Programs that do not qualify for NBCC credit are clearly identified. The Psychoanalytic Center of the Carolinas is solely responsible for all aspects of the program.

The Psychoanalytic Center of the Carolinas is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of the Carolinas maintains responsibility for this program and its content.

Social workers will receive a letter of attendance documenting their hours of continuing education. This certificate may not be acceptable verification in all states.

Contact: Kayla@CarolinaPsychoanalytic.org

Kayla Schilke, Training and Education Program Manager

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